



Could You Have Diabetes and Not Know It?

- More than 313,000 Missourians had diabetes in 2004
- Diabetes is Missouri's fifth leading cause of death
- Almost one-third of those affected by diabetes are not aware that they have the disease
- If you have diabetes, treatment can help you live healthier and avoid serious problems caused by the disease

Are you at risk? Diabetes is more common among certain racial and ethnic groups and those with certain risk behaviors. Also, if you are physically inactive, overweight, or have had gestational diabetes, you are at risk. **Take the test!** See page 2 for risk assessment test.

A How-To For A Healthier You—It's no secret that for many people quitting smoking, shedding a few pounds, or lowering their blood pressure would improve their health. If you're at risk for developing diabetes or you have diabetes, the American Diabetes Association's Diabetes Personal Health Decisions (PHD) risk assessment tool can provide you with a variety of health care interventions. Go to <http://main.diabetes.org/site/R?i=nZfs1jQodYMrtJrsAxCu4g>.

Healthier living can help reduce the risks of diabetes, heart attack, stroke, kidney failure, and complications caused by diabetes. You can help by sharing this message with friends and family members who may be at risk for diabetes.

For more information on diabetes, contact the Missouri Diabetes Prevention and Control Program by calling 1-800-316-0935 or going to the program web page at <http://www.dhss.mo.gov/diabetes/>. Or contact the American Diabetes Association by calling 1-800-DIABETES (1-800-342-2383) or going to www.diabetes.org.



Prevent type 2 Diabetes

A Risk Assessment

Assessing Your Risk

It is important to find out early if you have type 2 diabetes or if you are at risk for developing it, because treatment can prevent the serious problems caused by high blood glucose. As people get older, their risk of developing diabetes increases. To find out about your risk, check each item that applies to you.

My age is: _____

- ☐ 1. My weight puts me at high risk according to the At-Risk Weight Chart (right).
- ☐ 2. I have a parent, brother, or sister with diabetes.
- ☐ 3. My family background is African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- ☐ 4. I have had gestational diabetes or I gave birth to at least one baby weighing 9 pounds or more.
- ☐ 5. My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- ☐ 6. My cholesterol (lipid) levels are not normal. My HDL cholesterol ("good" cholesterol) is less than 40 (for men) or less than 50 (for women), or my triglyceride level is 250 or higher.
- ☐ 7. I am fairly inactive. I exercise fewer than three times a week.

AT-RISK WEIGHT CHARTS

Find your height in the correct chart. If your weight is equal to or greater than the weight listed, you are at increased risk for type 2 diabetes.

IF YOU ARE NOT ASIAN AMERICAN OR PACIFIC ISLANDER AT RISK BMI ≥ 25		IF YOU ARE ASIAN AMERICAN AT RISK BMI ≥ 23		IF YOU ARE PACIFIC ISLANDER AT RISK BMI ≥ 26	
HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT
4'10"	119	4'10"	110	4'10"	124
4'11"	124	4'11"	114	4'11"	128
5'0"	128	5'0"	118	5'0"	133
5'1"	132	5'1"	122	5'1"	137
5'2"	136	5'2"	126	5'2"	142
5'3"	141	5'3"	130	5'3"	146
5'4"	145	5'4"	134	5'4"	151
5'5"	150	5'5"	138	5'5"	156
5'6"	155	5'6"	142	5'6"	161
5'7"	159	5'7"	146	5'7"	166
5'8"	164	5'8"	151	5'8"	171
5'9"	169	5'9"	155	5'9"	176
5'10"	174	5'10"	160	5'10"	181
5'11"	179	5'11"	165	5'11"	186
6'0"	184	6'0"	169	6'0"	191
6'1"	189	6'1"	174	6'1"	197
6'2"	194	6'2"	179	6'2"	202
6'3"	200	6'3"	184	6'3"	208
6'4"	205	6'4"	189	6'4"	213

What is the next step?

It is important to find out early if you have diabetes or if you are at risk for developing it. Talk with your health care provider at your next visit:

- If you are age 45 or older and have an at-risk weight (according to the at-risk weight charts), testing for diabetes and pre-diabetes is recommended.
- If you are age 45 or older without any risk factors, ask about your risk for pre-diabetes or diabetes and if you should get tested.
- If you are an adult younger than 45 years of age, have an at-risk weight, and have checked any other items in the assessment section, ask about your risk for pre-diabetes or diabetes, and if you should get tested.

Type 2 diabetes is a serious disease, but it can be delayed or prevented. Take steps now to lower your risk of getting diabetes.

Information from "Small Steps, Big Rewards." Your GAME PLAN for Preventing Type 2 Diabetes Health Care Provider Toolkit, National Diabetes Education Program, sponsored by National Institutes of Health and Centers for Disease Control and Prevention.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 1-800-316-0935. Hearing impaired citizens telephone 1-800-735-2966. An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis. This publication was supported in part by Grant/Cooperative Agreement Number U32/CCU722693-02 from Centers for Disease Control & Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.